



2219 Oak Street • Bozeman, MT 59718 • (406) 587-5100

March 2010

Highgate Staff Community Manager

Michelle Baker

Administrative Assistant

Crystal Dorsey

Director of Resident Care

Glenna Dowd, RN

Resident Care

Kiesha Holland, LPN

Assistant DRC

Katy Killian

Community Relations

Coordinators

Cindy Morris & Nicole Berg

Cottage Supervisor

Kathy Lundberg

Chalet Supervisors

Ashley Grosserode & Kale Knudson

Resident Care Supervisor

Rochelle Celander

Restorative Specialist

Donna Scharen

Life Enhancement Specialist

Stephen Beaudoin & Jill Brodin

Don't Expect a Leprechaun to Bring You Good Luck

You don't need a four-leaf clover to bring you luck. You can make your own. English psychologist Richard Wiseman researched the topic for his book, "The Luck Factor." He says "lucky" people discover their own pots of gold by following four standards:

- 1) They don't ignore their intuition.
- 2) When they face hard fortune, they are quick to recover due to their resilient response. Specifically, they can imagine how much worse a situation could be. Then they focus on how to use the negative incident to their advantage.
- 3) They aren't afraid of taking a chance, even if it means disrupting their daily routines.
- 4) They are optimistic about the future. Their positive outlook results in upbeat outcomes.



Irish Blessing

May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.

Healthy Tip: Dream Big

Go ahead and dream a little; it's good for your health! Having dreams and aspirations gives your life meaning and provides something to work toward. Dreams test our determination, foster our ambitions and provide satisfaction when we actually reach our goals. As the saying goes, "Shoot for the moon. Even if you miss, you'll land among the stars."

Maintenance Supervisor

Bill Louis

Housekeeping Supervisor

Diane Floyd

Food Service Supervisor

Rick Zajdel

Highgate Welcomes the Community!!

Please join us at 5:30 pm on March 11th for our next **Wellness Clinic**. It is free and open to the community. We will be discussing diet and nutrition. **Music Therapy** will be our topic for April 8th at 5:30 pm.

Watch the March Calendar for some new activities!!

Steve has been working with the Senior Center to bring our residents to participate in more activities outside Highgate. The activities will include cards, crafting, woodworking, and social events.



Birthdays!!



Resident Birthdays!

- Joseph F~1st
- Gordan S~1st
- George C~2nd
- Ethel F~2nd
- Don B~4th
- Katherine M~11th
- Robert M~14th
- Joe K~15th
- Eva H~16th
- Mary E. C~18th
- Louise O~22nd
- Russell D~25th
- Allan G~26th

Staff Birthdays!

- Michelle R. ~ 1st
- Cierrs P. ~ 13th
- Michael M. ~ 17th
- Rochelle C. ~ 25th
- Kathy L. ~ 26th



- Hamako C.
- Bill B.
- Mary F.
- Bud & Jean C.
- Jud C.
- Eva H.
- Shirley N.
- Eva L.



Not only can she cook, but she can dance!!!



SKI BUNNIES AND SKI BUMS...was the theme for our January Family Night. Cole Baker impressed us all with his jumping skills on the moguls in our courtyard. Thanks to Steve and Bill who figured out how to get enough snow for the jump.

Left Jane and Linda look like they just came off the Ski Hill in their beautiful sweaters.



On the left Steve shows us why he stays off the moguls, while Michelle and Rick model their ski attire:) Above Nicole and Jaylinn roasting marshmallows for their s'mores.



RESIDENT SPA WELLNESS DAY!!

Highgate Residents thoroughly enjoyed their spa wellness day. They were able to pamper themselves and be involved in activities. Couples enjoyed getting manicures, pedicures and relaxing with a tea social while listening to music.

Eyes on Main, Price Rite, Hearing Aid Institute, and staff participated in staffing the event. Vitals were taken along with weight and balance screening. Eyes and ears were checked for those participating.

Music and Pet Therapy were a big hit, as residents cuddled Ollie while listening to an Italian Piece.

Staff commented that the overall presence was calm, warm and very relaxed.

A special Thank you to Miriam Lael from MSU, (an intern) for making this event very successful.



GEEZ.....you have pretty feet Martin!!!



More Evidence Shows Diet and Exercise May Prevent AD

Two studies published by Journal of the American Medical Association in 2009 have added more weight to the argument that exercising and healthy eating may reduce your risk of Alzheimer's disease—in this case by as much as 60 percent.

The first study followed 1,880 men and women in New York City who didn't suffer from dementia for almost 15 years, starting in 1992. The participants' average age was 77, and researchers tested them every 1.5 years, while also recording their diet and exercise habits. That study found a correlation between exercise, following a Mediterranean-style diet and a reduced risk of AD.

An additional study followed 1,410 French men and women and showed that those who closely followed a Mediterranean diet experienced slower "age-related cognitive decline."

A Mediterranean diet focuses on eating more fruits and vegetables, seasoning food with herbs and spices rather than salt, and including more seafood and less red meat.

Although promising, commentators have noted that the studies don't prove that a Mediterranean diet is the solution. After all, the studies compared people who followed a Mediterranean diet very closely with those who ate relatively unhealthy diets. The findings could indicate that a poor diet is destructive to the brain rather than a Mediterranean diet being particularly good at preventing AD.



Wit & Wisdom

"Luck is what happens when preparation meets opportunity."
—Seneca

"I'm a great believer in luck. And I find the harder I work, the more I have of it."—Thomas Jefferson

"Luck affects everything. Let your hook always be cast; in the stream where you least expect it, there will be a fish."
—Ovid

"Being deeply learned and skilled, being well-trained and using well-spoken words—this is good luck."—Buddha

"Those who have succeeded at anything and don't mention luck are kidding themselves."
—Larry King

"The only thing that overcomes hard luck is hard work."
—Harry Golden

"The Cottage" and "The Chalet" at Highgate

Specialized Memory Care

A Home Like No Other

The Cottage is a secure setting for those needing a smaller, less overwhelming environment. It is family-style living with the comfort of predictability:

- Private or shared suites with large walk-in showers.
- Room for personal treasures.
- Interiors stimulate wayfinding: hallways filled with artworks and memorabilia, things to touch and feel.
- Comfortable, cozy fireplace-living room.
- Family kitchen and dining area.
- Enclosed garden courtyard.
- Daily activities, including music therapy, afternoon socials, exercise and aromatherapy.
- **Adult Day Care Now Available.**



Call Cindy or Nicole at Highgate Senior Living to discuss Specialized Memory Care at (406) 587-5100.

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2219 West Oak Street
Bozeman, MT 59718

PREPARE